

Student Ambassadors: Health & Wellness on Campus

Introduction

The Student Ambassador Program was initiated in 2015 in an effort to promote a safe, supportive and welcoming environment for the students at Selkirk College. This student-led organization was introduced by the Healthy Campus Initiative.

Student Ambassador Program

Ambassadors offer peer support, promote health and wellness, connect students with resources on campus and keep a compassionate eye on the student body.

- Commit a minimum of 4hrs/week
- Spend time in the Student Ambassador office and promoting health on campus in a creative way
- Opportunity to gain co-curricular credits.

Autumn Beattie and Kiya Gill
4th Year BScN Students
University of Victoria at Selkirk College



Objective

To foster health and wellness on campus through empowering students to take on a leadership role as Student Ambassador.

Goal: Complete training of ambassadors by mid November.

Many thanks to Leslie Comrie (Healthy Campus Advisor) and Sue Hackett (Nursing Instructor) for their guidance and support.

Actions & Methods

- Literature review of health and wellness on campus and peer support programs.
- Develop a "Student Ambassador Manual" and "Resource Manual" to guide ambassadors.
- Recruit Student Ambassadors through in class presentations, posters, booths.
- Develop and provide a training session for Student Ambassadors

Sustainability

- Train the trainer model
- Student Ambassador and Resource manuals available
- Support from Healthy Campus Advisor
- Increased awareness of this program on campus